



Mostly sunny
Lo: 59°
Hi: 52°
Partly cloudy
Lo: 52°
Hi: 58°
Cloudy
Lo: 42°
Hi: 61°

Don't drive home
without them

AACD committed to getting Airmen home safely
See Page 5



Sheppard
pilot gets
"Buc-ed"

See Page 1B



Sheppard Senator

Combat Capability Starts Here



Vol. 57, No. 47

Sheppard Air Force Base, Texas

December 3, 2004

Wingman Day puts focus on Airmen

By John Ingle
Editor

It's the concept that has been stressed since every Airmen's early days in basic or officer training: take care of yourself and your buddy.

Wingman Day, held Nov. 24, might have a different name, but the theory is the same.

Capt. Ashley Cannon, flight commander for combat avionics at the 365th Training Squadron and project officer for Wingman Day, said the day was all about reminding each Airmen that they have a duty not only to country, but to each other, too.

"We take an oath to defend millions we don't know," the captain said. "We should be able to take care of those we do know."

More than 600 facilitators addressed the spiritual, social, emotional and physical aspects of each Airmen's life during

briefings at the squadron and unit level. The groups also discussed how each Airmen can relieve stress with WAR.

No. It's not the traditional definition of war, WAR, developed by 82nd Medical Group First Sergeant Senior Master Sgt. Steven Keck, provides a three-step, easy to follow guide on how to detect if someone needs help.

The first step is to detect Warning signs, then follow that with Asking the right questions. If needed, the person could be Referred to the appropriate agency for help.

Wingman Day began with a meeting of base leadership at the community center where Brig. Gen. James Whitmore, 82nd Training Wing commander, briefed the importance of the day and that it shouldn't be taken lightly.

The general drew from his experience in the sands of

Afghanistan where he served as the commander of an air expeditionary wing. During his time at Bagram Air Base, he said an airman first class stepped on a land mine while on patrol.

"His wingman saved his life," the general said of the Airmen who administered first aid until medics arrived. "There's no question in my mind that he would've died if they had not pulled him out of the mine field."

General Whitmore said the Wingman concept is important during both peace and wartime situations. Everything learned here in a peaceful environment, he said, would translate into success in the classroom, success during personal time and a mission-ready Airmen.

With the holidays quickly approaching, the general said Airmen - permanent party and

See DAY, Page 4



Photo by Mike Litzken

At least 13 support agencies set up booths Nov. 24 at the north fitness center for the Wingman Day Resource Fair. The fair gave Airmen an opportunity to get information on the various agencies available to help them out

during different situations. Above, Col. Gregory Custer, 82nd Training Wing chaplain, and Senior Master Sgt. Ivory Baker prepare to share information about chapel services with a couple of Airmen.

On the Inside

Troops get pay raise

Money contained within the 2005 National Defense Authorization Act will fund a 3.5 percent troop pay raise and eliminate servicemembers' out-of-pocket costs for family housing, the Department of Defense's top military personnel official said.

The January troop pay raise will be applied across the board to all servicemembers and will not feature pay hikes targeted to specific ranks as in past years, Mr. Chu said. Mr. Chu said, "We need to ensure that our bases are at least meeting the minimum age requirements set by the youth supervision guidelines," he said.

And Sheppard is no exception. Terry Baggett, the family member program flight chief, said there are options available for parents who need supervision for their children while the parents are at work.

For full story, see Page 2.

Home alone

A top Air Education and Training Command official recently re-emphasized safe child care and the Air Force home alone policy, which sets guidelines for the ages at which children can be left unattended.

AETC vice Commander Lt. Gen. John Hopper Jr. said bases should set guidelines that are consistent with the Air Force Youth Supervision Guidelines.

"We need to ensure that our bases are at least meeting the minimum age requirements set by the youth supervision guidelines," he said.

And Sheppard is no exception.

Terry Baggett, the family member program flight chief, said there are options available for parents who need supervision for their children while the parents are at work.

For full story, see Page 3.

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Serving a Thanksgiving meal to Airmen has been a long time tradition for base leadership here. Top, 82nd Training Wing Commander Brig. Gen. James Whitmore and 82nd TRW Command Chief Master Sgt. Lupe Ruiz prepare a meal for an technical training student. Left, 80th Flying Training Wing Commander Col. H.D. Polombo and his son, Eric, do their part to make sure Airmen enjoy a Thanksgiving meal. Above, a local television cameraman gets footage of leadership volunteers

Around the world in one day

ENJPT partners give tour around the world with cultural cuisines

By 2nd Lt Ian Phillips
82nd Training Wing Public Affairs

Student and instructor pilots from 13 different NATO partners are immersed into the American culture, even taking an afternoon out to become an authentic Texas "cowpokes."

Those NATO partners of the Euro-NATO Joint Jet Pilot Training program returned the favor Nov. 19 when they hosted the 80th Flying Training Wing's "Around the World" party at the

officers club.

The annual event, sponsored by the 89th Flying Training Squadron, draws more than 500 people to sample cuisines and brews native to each country.

German Capt. Marco Latze, an 89th FTS instructor pilot and project officer of the event, said "Around the World" gives Sheppard an opportunity to experience the lifestyles of our partners abroad.

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Getting the point



U.S. Air Force photo by Melissa Peterson

Lt. Gen. John D. Hopper is presented an invitation to receive the Air Force Order of the Sword by Chief Master Sgt. Karl W. Meyers, Air Education and Training Command command chief master sergeant.

AETC vice commander to receive Order of the Sword

Courtesy of Air Education and Training Command News Service

RANDOLPH AIR FORCE BASE, Texas (AETCNS) - The vice commander of Air Education and Training Command received an invitation Nov. 1 from the AETC enlisted corps to become the 214th member of the Air Force Order of the Sword.

Lt. Gen. John D. Hopper Jr. will receive the Order of the Sword at 6 p.m. Dec. 10 at the Gateway Enlisted Club at Lackland Air Force Base, Texas.

The Order of the Sword is the highest honor given by the enlisted corps.

"General Hopper's leadership and concern for the enlisted Airmen of Air Education and Training Command during the past four years is truly unique," said Chief Master Sgt. Karl W. Meyers, AETC command chief master sergeant. "His actions throughout his tenure have aided the enlisted force tremendously, primarily because he genuinely believes Airmen are our greatest asset."

There have been 17 inductees from Air Training Command and AETC. The first was in 1971. There have been two inductees since AETC became AETC.

"This is singularly a great honor," General Hopper said. "It means the world to me. My dad was a career NCO in the Army."

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Photo by 2nd Lt. Ian Phillips

A German representative dressed in traditional attire visits with guests during the 80th Flying Training Wing's "Around the World" event Nov. 19.

Troops get 3.5 percent raise, increase in housing allowance

By Gerry Gilmore

American Forces Press Service

WASHINGTON (AFPN) — Money contained within the 2005 National Defense Authorization Act will fund a 3.5 percent troop pay raise and eliminate servicemembers' out-of-pocket costs for family housing. The Department of Defense's top military personnel official said.

The January troop pay raise will be applied across the board to all servicemembers and will not feature pay hikes targeted to specific ranks as in past years, said David S. C. Chu, the undersecretary of defense for personnel and readiness.

The targeted raises issued to mid-level officers and noncommissioned officers over the past two years, Mr. Chu said, "have fixed," for now, most pay-disparity issues involving those

rank.

And, he said, money is contained in the act to boost allowances that eliminate servicemembers' out-of-pocket expenses for on- or off-base family housing. Stateside and overseas family-housing allowances are calculated according to regional markets.

Another provision in the act removes a previously established ceiling limiting how much military family-housing inventory could be privatized, Mr. Chu said.

Privatization enables DOD officials to modernize military family housing more quickly and efficiently, Mr. Chu said. About one-third of military families live in on-base housing.

If DOD funded all of its existing family-housing needs by itself, it would take "forever" to make needed repairs or to

replace aging housing units largely built in the 1950s, he said.

Mr. Chu named privatization success stories, such as contractor-provided housing for Soldiers and their families at Fort Carson, Colo. Such private sector-provided housing offers contemporary quality and "design flair" for servicemembers while providing more bang for the buck for taxpayers.

The act also contains three special pay and bonus authorizations, Mr. Chu said. For example, the bill makes permanent the increase of military family separation pay to \$250 a month and hostile fire/imminent danger pay to \$225 a month.

The bill also provides "a much stronger set" of re-enlistment bonuses for Guard and Reserve servicemembers.

Mr. Chu said the act assures that troops in the field receive

the equipment and other material they require to successfully prosecute the war on terrorism.

It also provides extended health coverage for some reservists, Chu said, as well as better Montgomery G.I. Bill benefits.

Another change contained in the act enables reservists to be called up for training before possible overseas deployment. This, Mr. Chu said, is a more efficient means of force management.

A major highlight of military personnel management during his tenure, Mr. Chu said involves successive increases in troop compensation.

"The president has been willing to carry the torch for us to argue for significant pay increases," he said, as well as to reduce and eventually eliminate servicemembers' out-of-pocket costs for housing.

Stand down soldier



Photo by Mike Litten

Fifty-one members of the Texas Army National Guard officially ended duties at Sheppard Nov. 23 when the group demobilized and headed for home. Master Sgt. Jerry Bookert of the 82nd Security Forces Squadron prepares to hand an M-16 to Capt. Tony Casillas, signifying the Guard's relief from security duties here. TANG Capt. Eric Hopkins turned over the weapon to Sergeant Bookert during a demobilization ceremony.

Official briefs new National Security Personnel System

By Michael Briggs

12th Flying Training Wing Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — About 1,200 people attended two town hall meetings in the base theater here Nov. 15 to learn about the new civil service human resource system known as the National Security Personnel System.

Roger Blanchard, Air Force assistant deputy chief of staff for personnel, presented a briefing about NSPS and took questions from the floor about its design and implementation.

His purpose in coming to Randolph and conducting town hall meetings at other Air Force bases is to familiarize people with the largest change in civilian human resource

management since the Civil Service Reform Act of 1978, he said.

Congress authorized the new personnel system as part of the fiscal 2004 National Defense Authorization Act. Among other reforms, it will consolidate nine separate personnel systems that now govern DOD civilian workers.

NSPS is designed to help DOD better manage its civil service work force in the post-9/11 global war on terrorism environment, Mr. Blanchard said.

"This is about creating a personnel system that is more responsible to national security requirements than the existing system, which means more flexibility and more management control" he said.

The new system will preserve the core and enduring values of civil service employment while adding the flexibility to adapt to current and future operations, he said.

Things that won't change for civilian employees under NSPS include the merit system, veteran's preference, employee training, health insurance and other benefits.

The biggest proposed changes include a performance-based pay system and pay banding, Mr. Blanchard said.

"The centerpiece of NSPS is the pay for performance system," he said. "(DOD) has the authority to redesign the performance evaluation system for civilian employees and implement a new system that ties pay

to performance. Based on the outcome of performance evaluations, pay determinations will be made."

Pay banding in NSPS is another significant change over the current system. Instead of 15 pay grades, banding "collapses several grades" together and allows movement within that band based on performance and other factors, he said. One example of a pay band grouping would be the current GS-9 to GS-11 grades.

Focus groups and work groups have developed NSPS to this point, Mr. Blanchard said, and officials are finalizing options to post in the Federal Register this winter to allow for public comment on the proposals. At the same time, DOD will determine which military installations will

test the new system beginning in July. About 80,000 people, 15,000-20,000 of them at Air Force bases, will participate in the evaluation, he said. A determination has not been made about which bases will be involved.

Mr. Blanchard said DOD must report to Congress in 2008 about the effectiveness of NSPS, and anticipates the program to be fully implemented by 2007.

The best way for people to offer input or voice concerns is to use the "Contact Us" link on the Department of Defense NSPS Web site at www.cpm.osd.mil/nsps/, he said. The Air Force also has an NSPS Web site, with a link to the DOD site, at www.dp.hq.af.mil/dpp/dppn/nsps/.

Home alone

Parents should be aware of youth supervision guidelines

By 2nd Lt. Rachel Smith
82nd Training Wing Public Affairs

A top Air Education and Training Command official recently re-emphasized safe child care and the Air Force home alone policy, which sets guidelines for the ages at which children can be left unattended.

AETC vice Commander Lt. Gen. John Hopper Jr. said bases should set guidelines that are consistent with the Air Force Youth Supervision Guidelines.

"We need to ensure that our bases are at least meeting the minimum age requirements set by the youth supervision guidelines," he said.

And Sheppard is no exception.

Terry Baggett, the family member program flight chief, said there are options available for parents who need supervision for their children while the parents are at work. Children ages 9 to 12 are allowed to walk unattended to the youth center.

She said sending children to the youth center is a good way to keep kids out of trouble and safe.

"(Having your children go to the youth center) is a good thing to do so that they're not home alone," she said.

AF guidelines for youth

Children under 10 years old cannot be left unattended in base housing.

Children 10 or 11 years old may be left alone for no more than two hours.

Children who may be left unattended must complete home alone training.

However, Ms. Baggett said those children under the age of 9 must be enrolled in the family childcare program where local families on base volunteer to be childcare providers.

The Child Development Center is also available to parents in need of childcare, as well as the school-age program. For those parents who need to go to work early or work late, there is also an extended daycare program available.

The guidelines regarding youth supervision also includes parents leaving children alone in vehicles. Ms. Baggett said to no age should children be left alone in cars because of the dangers such as automatic windows and cigarette lighters.

In the summer, leaving a child unattended in a vehicle carries the risk of heatstroke and possibly death due to the extreme temperatures. In winter, leaving the car running for heat while children are in a vehicle could lead to the child possibly putting the car in gear.

Other policies also exist regarding the ages at which children may care for other siblings or other children.

Ruth Means of the family advocacy office at the 82nd Medical Group said for those children who can be left unattended, a home alone program is available in which children learn things such as answering the door and phone safely. Personnel from the 82nd Security Forces Squadron, the fire department and local police department also talk to the children about home safety.

To sign up for the home alone program, parents can call family advocacy at 6-2271. For those families who would like to volunteer as childcare providers, call family childcare at 6-4237.

For more information regarding Sheppard youth supervision guidelines, stop by the base housing office in Bldg. 373 and pick up a pamphlet.

Blast from the past



Brig. Gen. Ralph Jodice II visits with Col. H.D. Polumbo, 80th Flying Training Wing commander, and Maj. Bruce Dobbins of the 80th Operations Group. General Jodice, the former commander of the 80th FTW, paid a visit to Sheppard and his former wing before he and his wife, Judy, head for China where he will serve as the Defense Attache. The general and his wife had to complete a year at a State Department language school. General Jodice served as the 80th FTW commander from July 2001 to August 2003.

Photo by 1st Lt. Brooke Brander

7 Airmen receive Article 15s

The following Sheppard Airmen received Article 15 punishments for alcohol-related offenses:

■ A 361st TRS, Det. 1, Airman received an Article 15 punishment for alcohol-related offenses: ■ An airman first class in the 361st Training Squadron received an Article 15 for driving under the influence. His punishment was a reduction to Airman, forfeiture of \$668 in pay and a reprimand.

■ An Airman in the 366th TRS, Det. 7, received an Article 15 for underage drinking. His punishment was a forfeiture of \$596 in pay.

■ A senior airman in the 82nd Civil Engineer Squadron received an Article 15 for driving under the influence. His punishment was a reduction in grade to airman first class, forfeiture of \$450 of pay per month for two months and a reprimand.

■ A 361st TRS, Det. 1, Airman received an Article 15 for underage drinking. His punishment was forfeiture of \$200 in pay for two months, 30 days extra duty and a reprimand.

■ An Airman in the 361st TRS, Det. 1, received an Article 15 for underage drinking. His punishment was 14 days of extra duty and a reprimand.

■ An Airman in the 82nd Aerospace Medicine Squadron received an Article 15 for underage drinking. His punishment was 35 days restriction and 35 days of extra duty.

■ An Airman in the 361st TRS received an Article 15 for underage drinking, two false official statements and obstructing justice. His punishment was a reduction to airman basic, forfeiture of \$300 and a reprimand.

12 SrA graduate from ALS

Twelve senior airmen of Class 05-A graduated from Airman Leadership School during a ceremony Oct. 29.

Senior Airman Joshua Miller of the 381st Training Squadron earned the John Levitov Award, an honor given to "the distinguished graduate who is the most outstanding in objective and performance evaluations, demonstrated leadership and teamwork."

Senior Airman David Hopper was chosen by the ALS flight chief to receive the Leadership Award.

Airman Hopper, assigned to the 80th



Miller

Operation Support Squadron, was chosen as the Airman who "made the most significant contribution to the overall success of the class."

The Academic Achievement Award went to Senior Airman Michael Vollmer of the 82nd Communication Squadron. The award is given to the Airman who demonstrated excellence as a scholar.

Others graduating from the course include: Senior Airman Shelby Goodsell, 366th TRS; Linton Hampton, 80th OSS; David Morgan, 360th TRS; Chad Lohnes, 82nd Civil Engineer Squadron.

Senior Airman Joseph Severny, 360th TRS; Tugba Giles, 82nd Medical Operations Squadron; Mark Dumas, 80th OSS.

Senior Airman Michelle Auwae-Lapilio, 82nd Training Wing; and Dwayne Salmon, 82nd Medical Support Squadron.



Vollmer



Hopper

Packing on the pounds



The 782nd Training Group recently wrapped up their annual food drive with a trip to Union Market Street and the U Can Share Food Drive. Left, Tech. Sgt. Mark Roger loads more food onto the truck before it departs Sheppard.

Photo by Mike Littleton

The BX will be open tonight until 11 p.m. for Moonlight Madness.

Blood drive Dec. 15

The American Red Cross and 82nd Services Division will host a blood drive Dec. 15 at the community center. The blood drive will run from 7 a.m. to 4 p.m.

For more information, call 1st Lt. Jason Livingston, the operations officer for Services, at 6-7228.

Christmas decorations in base housing

With the approach of the Christmas season, housing occupants are reminded that decorations cannot be attached to or located on the roofs of their houses.

Christmas lights are the only decora-

tions that can be installed on the edge of roofs or fascia, and they must be installed with clips or in a manner that does not cause damage to the vinyl siding or shingles (no staples). All exterior lights and displays may be turned on now.

In the interest of energy conservation, Christmas lights and other lighted displays may only be on in the housing areas from 5 to 11 p.m. with the exception of Christmas Eve and Christmas Day when the lights may be left on all day and night. Other than these hours, all Christmas lights and displays must be turned off. Lights and lighted displays can remain up until Jan. 15.

Briefly Speaking

Best holiday house award

One family housing unit from each housing area will be selected Dec. 14 as the best holiday house.

Criteria for selection of this award are originality and creativity. Occupants are encouraged to use their creative talents in decorating instead of depending on expensive purchased displays.

People need to comply with Christmas decoration policy, i.e., no decorations attached to or located on the roofs of housing units.

Christmas lights are the only decora-

tions permitted on the edge of roofs or fascia.

The winners for the Best Holiday House will receive the following recognition/awards: yard sign designating the winner, announcement in the Sheppard Senator, a gift certificate for \$25 from AAFES and discount coupons from 82nd Services Division.

MLK Breakfast planned for Jan. 14

The annual breakfast to honor the Rev. Martin Luther King Jr. will be Jan. 14 at 7 a.m. in the officers club ballroom.

The guest speaker for the event is Andre Hollis, former assistant secretary of defense for counter narcotics.

The following are points of contact for tickets:

82nd Medical Group: Master Sgt. Ricardo Taylor, 6-7498, and Airman 1st Class Lisa Brown, 6-6718.

82nd Mission Support Squadron: Master Sgt. Desi Hale, 6-4334, and Sandra Gross, 6-6633.

82nd Training Wing: 2nd Lt. Harvey Jenkins, 6-4870.

82nd Training Group: Master Sgt. Ricardo Pearson, 6-5032.

782nd Training Group: Maj. Rodney Harris, 6-2887, and Master Sgt. Gary Royster, 6-7114.

882nd Training Group: Lt. Col. Marina Ray, 6-6949, and Maj. Mimi Banks, 6-1643.

WORLD

Continued from Page 1

"People from outside the wing get a deeper connection. Permanent party members see who they work with and how other countries relax," he said.

Families from the United States Belgium, Denmark, Germany, the Netherlands, Norway, Spain, Turkey, Canada, Greece and Portugal began planning for the event about three months ago. The groups prepared food, booths and clothes reminiscent of their homeland.

Each nation has one booth they fill with decorations, food and drink from abroad.

Canada's festive booth, decorated in the red and white of their nation's flag, served "Moose Milk," a drink the Canadians called a national secret.

Belgium, Germany and many other countries served samples of beer and wine from

their homes.

Each NATO country's senior national representative wore attire from their nation and provided conversations on their rituals and experiences during the party.

Also in attendance was Col. H.D. Polumbo, the 80th FTW Commander. When asked what the most important benefit of having a night like this for his unit is, he responded, "It brings the 82nd Training Wing and the community into the ENJPIF environment. It shows them the international environment we work in."

Each year the party is held in a different location on base and has a different theme, but the purpose remains the same: to bring Texas and Europe together, building a strong partnership not only in the air, but on the ground, too.

DAY

Continued from Page 1

students – should be on their guard and watch for possible warning signs from other Airmen. He said the holidays can be stressful for Airmen who can't go home. But, he added servicemembers do their part to take care of each other.

He recalled a particular instance when he spent Christmas at Bagram last year.

"We had a Christmas parade down the one paved street in Bagram," he said, adding that servicemembers decorated Humvees and other vehicles for floats. "One entry even rode a camel down the street."

The day culminated at the north fitness center with a Wingman Day Resource Fair where the general said an about 8,000 Airmen received information from the various base support agencies.

General Whitmore said he spoke with several Airmen at the fair who had positive comments about the information available.

"Most of them thought that it was time well spent," he said. "Most didn't know we had those types of resources."

Captain Cannon said representatives on hand from agencies such as life skills, the health and wellness center, chapel and security forces, First Step, Inc., an off-base referral agency, was also available to talk with Airmen.

"There was such a turnout that some booths had to send people back to their office two or three times to (re-supply)," Captain Cannon said.

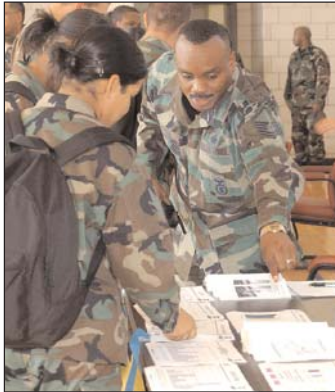


Photo by Mike Lintzen

Master Sgt. Michael Lathan of the 82nd Security Forces Squadron hands out information to students during the Wingman Day Resource fair at the north fitness center Nov. 24.

He said one of the interesting aspects of the fair was the number of Airmen visiting booths that normally wouldn't even show up on their radars. He said you would expect an Airman with a family to pick up a pamphlet from family advocacy. But, he said single Airmen were interested as well.

General Whitmore said Wingman Day was successful, but there could probably never

be any quantifiable data to show. He said he deemed the event successful because they were able to increase awareness among all Airmen and he knows each person walked away with new knowledge of being a Wingman.

"I hope Wingman Day wasn't a one-day event," he said. "I hope people will take what they learned and apply it to their everyday routine."

SWORD

Continued from Page 1

The formal presentation ceremony is open to enlisted members only. For tickets, contact your command chief master sergeant.

According to Air Force Pamphlet 36-2241 (Promotion Fitness Examination Study Guide), the Order of the Sword is patterned after an order of chivalry founded during the middle ages – the Swedish Royal Order of the Sword.

The rank of NCO was established in the early 12th century. In 1522, Swedish King Gustavus I joined the noble-

men commissioned by him to appoint officers to serve him. The system worked so well it was incorporated into the Swedish army as a way to establish and maintain cohesive, disciplined and well trained force.

This force ensured the protection of lives and property in the kingdom. Ancient NCOs would honor their leader and pledge their loyalty by ceremoniously presenting him with a sword.

The sword – a symbol of truth justice and power right-

ly used – served as a token for all to see and know that there was a "leader among leaders." The ceremony became known as the Royal Order of the Sword. The first recorded use of it in America was in the 1860s when Gen. Robert E. Lee was presented a sword by his command.

The Royal Order of the Sword was revised, updated and adopted by U.S. Air Force NCOs in 1967 and is the highest honor and tribute enlisted members can bestow upon an individual.

As the Personnel community continues its transition to a new service delivery model using self-paced, web-based tools (vMPF) and centralized customer support (Air Force Contact Center), The Air Force has expanded the self-service for the following air: www.afpc.randolph.af.mil/vs/

- Requesting a report no later than date
- Obtaining a copy of a proof of service letter
- Home telephone number
- Race, ethnic group
- Duty e-mail address
- Personal information inquiry/update
- Awards and decorations
- Re-enlistment eligibility inquiry
- DD Form 93, emergency data card
- Retraining application status inquiry
- DD Form 214 worksheet – member and MPF access
- Voluntary stabilized base assignment application
- Circuits travel request
- Initial separation or retirement briefing
- Best interest of the Air Force extension
- HTY extension
- Service date corrections
- Designated location move
- Participation counseling (ANG/Reserve)
- Promotion counseling – enlisted (ANG/Reserve)
- Conditional release of ANG or Reserve enlisted

The aim of these efforts is to provide convenient service to our customers while making it possible to reduce the Personnel footprint at our MPFs. As a reminder, the Air Force Contact Center is open 24 hours a day, 7 days a week. You can reach the Contact Center by phone at toll free at 1-800-616-3775, DSN 665-5000, (210) 565-5000, by fax at DSN 665-1239 or e-mail at: contactcenter@randolph.af.mil.

Only two more issues of the Senator will be published this year. Don't wait to make arrangements to have information or a story published.

Visit www.af.mil for more Air Force news.



Photo by Senior Airman Catharine Schmidt

KABUL COMPOUND, Afghanistan – Dax, a military working dog, takes a break from his duties here. Dax and his handler, Staff Sgt. David Yepsen, are the only Air Force canine team in Afghanistan. They are deployed supporting Operation Enduring Freedom from the 43rd Security Forces Squadron at Pope Air Force Base, N.C.

Airman, dog provide security for Afghanistan

By Senior Airman Catharine Schmidt
Combined Forces Command – Afghanistan
Public Affairs

KABUL COMPOUND, Afghanistan (AFPN) – In August, Staff Sgt. David Yepsen had to do everything all Airmen do when they deploy, from updating training to getting medically cleared. He also had one more thing to worry about – his military working dog deploying alongside him.

Sergeant Yepsen and his dog, Dax, from the 43rd Security Forces Squadron at Pope Air Force Base, N.C., are both deployed here with the Army's 58th Military Police Company. They are the only Air Force canine team in Afghanistan.

During their six-month tour, when the pair is not providing security at nearby Bagram Air Base, they are providing security here.

Anywhere from 30 to 60 vehicles come onto the compound daily and each is searched by a canine team, said Army Capt. Lorenzo Fiorentino, provost marshal and anti-terrorism force protection officer here.

"A dog can find things a person can't," Sergeant Yepsen said. "A dog's nose is probably 1,000 times (more sensitive) than a human's nose. So it makes it easi-

er for the dogs to find things that are hidden that (we) can't find with the naked eye."

The majority of the vehicles they search, such as septic and construction trucks, are driven by contractors. The team is always on call.

"We search under the hood, inside the car, (in the) wheel wells. Anywhere you could think of to put an explosive is where we look, hoping he doesn't respond," Sergeant Yepsen said.

"You have to be able to read your dog, because (it will) have a change of behavior when (it) catches a scent," he said. "For instance, Dax will put his tail up in the air, his nose will go up, he'll get real excited, and then start pacing back and forth until he gets to the strongest point of the odor. Once he pinpoints the scent, he'll sit and wait for me to reward him."

Besides searching vehicles entering the compound, they search buildings and areas that are going to be used by visiting dignitaries.

"We did a mission for the protective services team," Sergeant Yepsen said. "We searched a restaurant, the surrounding area and the vehicles in that vicinity to make sure it was safe."

Not only are they the only Air Force canine team around, Sergeant Yepsen is the only security forces Airman here. He

said working with the Army has been a great opportunity, and the Soldiers said he is doing a great job here.

"Staff Sergeant Yepsen exemplifies the true meaning of professionalism and flexibility," Captain Fiorentino said. "His integration into our operations was practically seamless."

Since this is Sergeant Yepsen's first deployment, he said it was nice to deploy with Dax, who has been on numerous deployments.

"Everyone at Pope said that if they had to deploy with a canine ... they would want Dax," Sergeant Yepsen said.

It could be because of Dax's melodic temperament or his detection accuracy. But whatever the case, Sergeant Yepsen said he is glad to have him here.

"I miss my dogs at home, and I miss my wife, but it makes it a little easier to have somebody I know here with me," he said. "He's a good listener, but he doesn't talk much."

Even though the team is on call at all times, they find time to have some fun together, whether it is taking a walk outside, hanging out in their room or shopping at the bazaar.

From work to play, this deployment has strengthened their bond making them an unstoppable team, Sergeant Yepsen said.

Anonymous allies

Program gets Airmen home safely

By Caroline Knothe
Base public affairs

At 4 a.m. on a Saturday morning, Staff Sgt. Nonika Allen can be seen driving around town. But she's not out having fun – she's saving lives.

Most people are asleep, but that doesn't bother Sergeant Allen. She said that as soon as her calls come in, she's ready to work.

"Getting up in the middle of the night is hard, but I'm ready to go right away," she said.

Sergeant Allen, a dental assistant instructor in the 381st Training Squadron, volunteers for Airmen Against Drunk Driving (AADD), an organization here that gives military members a safe ride home if they've had too much to drink.

Master Sgt. Dean Zoet, an instructor in the 366th TRS and president of AADD, said the program is completely anonymous.

"It's a free ride home, no questions asked," he said. "It's for those people who drove to some establishment, too much to want to save their careers and other people's lives. They can give AADD a call and we'll pick them up."

The organization, which operates Friday and Saturday nights and holidays from 10 p.m. to 4 a.m., picks up and takes home any military member who calls the organization's number, 676-AADD.

"We take them home. Not to another bar," added Sgt. Zoet, "Sergeant Zoet said.

Each Friday and Saturday, volunteers gather at the Solid Rock Café, the headquarters of the organization. Drivers and escorts usually stay either at the Café or at home and are notified when they are needed.

"They can leave a reliable phone number where they can be reached," Sergeant Zoet said.

"You don't have to sit there," added Sgt. Allen. "It's convenient to be at home."

Sergeant Zoet said all AADD can have a driver and an escort for safety and to make everyone feel comfortable.

After getting a description of the

party and the car, the teams head out to local establishments.

"Usually they're by their car waiting for you," Sgt. Allen said. "I've never felt scared. They're military and you feel like you're a mom. We're all part of a family."

Sergeant Zoet said taking drunk is an offense that isn't taken lightly by base leadership.

"General Whitmore has a policy that if you get caught drunk driving over the weekend, the next week your entire flight, flight commander, squadron commander and group commander are in his office in dress blues to face the consequences," he said. "I've seen people lose stripes, get fined money, lose security clearance and booted out under general discharge with less than honorable conditions."

With an organization like AADD, there isn't a reason why an Airmen should risk driving home under the influence of alcohol, risking their life, the lives of others and possibly their career.

But calling AADD shouldn't be embarrassing.

The organization strives to make riders feel comfortable and not intimidated about calling in for a ride.

"I don't judge," Sergeant Allen said. "Sometimes we have conversations, sometimes we don't. I don't ask questions."

"There's no way they'll get in trouble," added Sgt. Zoet. "We don't remember faces and don't take names."

Volunteering gives AADD members a chance to give back to the community and have an impact on people's lives, and any permanent party member stationed at Sheppard can be a driver or escort.

So far this year, the organization has picked up 266 people.

"It's not an inconvenience," Sergeant Allen said. "It's being able to do something for the community and military members and it's a worthy cause – saving somebody's life."

Persons interested in being a volunteer for AADD can call Sergeant Zoet at 676-5829.



Senior Airman Jason Weiss lightly rubs behind a villager's ears to see if the man experiences discomfort, which is one of the common symptoms of a sinus infection. Through an interpreter, the Afghan shared complaints of facial pain, a stuffy nose and sore throat.

Photo by Staff Sgt. Jennifer Lindsey

Afghanistan-based Airmen revive adopt-a-village program

By Staff Sgt. Jennifer Lindsey
455th Expeditionary Operations
Group Public Affairs

BAGRAM AIR BASE, Afghanistan (AFPN) – Afghan children and adults swarmed Airmen bearing gifts recently, marking the revival of Bagram Air Base's adopt-a-village program.

To create more room for the almost daily arrival of clothing, toys and school supply donations from people worldwide, the program restarted with three distribution missions in two days. With eight pickup trucks loaded with goods, Airmen conveyed to the mountain villages of Kharoti and Dorani, and to the town of Jagadand on the first day, and to the nearby town of Hasankhlyel on the second day. Donations included 50 bags of clothing, a pallet of drinking water, 40 personal hygiene kits, 25 blankets, and enough notebooks, pencils, pens, crayons, glue and teddy bears for more than 100 children.

The give-away seemed chaotic to many of the Airmen handing out the items, but the excitement was understandable. Ramadan, a time of personal denial and spiritual reflection, had just concluded the previous week.

In addition, people here cannot simply drive to the local store for new shoes, pain reliever or pencils. The nearest shopping area is more than an 8-mile hike through a rocky, dry and barren desert. Also, many of the people do not have the money for such "luxuries," officials

said.

"It was a culture shock for me to see the way people here live," said Senior Airman April Siler, a supply technician assigned to the 455th Expeditionary Logistics Readiness Squadron. She is deployed from Pope Air Force Base, N.C. "Sure, the men and children were out there for the things we brought them, but if it were the other way around, I would be too. It felt good to be able to share the things we could."

For more than a year and a half, deployed troops have distributed food and clothing and medical technicians have provided locals with field treatment through the program.

Deliveries were put on hold through the summer and early autumn, as force-protection issues increased before Afghanistan's presidential election Oct. 9.

Although the visits may be done with good will in mind, traveling "outside the wire" does not happen on a whim; the visits are well-planned operations. Office of Special Investigations agents work closely with village elders and local Afghan militia forces commanders to ensure U.S. troops' safety. Besides developing a detailed mission plan that includes security forces posting guard, the agents request that the villagers also provide security during the visit.

"It was a little uncomfortable to see men walking around with AK-47s, but it was an incredible experience," said Staff Sgt.

Christy Sullivan, noncommissioned officer in charge of services for the 455th Expeditionary Support Squadron. She is deployed from Travis AFB, Calif. "I got exactly what I volunteered for, to see children's smiling faces and to help little kids here feel good for a while."

Some deployed Airmen have forgone personal Christmas gifts, opting for the gift of giving instead. Adults in Lt. Col. Daniel Hawkins' family residing throughout the United States are investing the money that would have been spent on goodies for each other to purchase school supplies and toys for local children.

The first three boxes of supplies arrived just before the program's revival, and the 455th Expeditionary Operations Group deputy commander handed out puzzles and games to Hasankhlyel children.

The benefits of the program are mutual, officials said. It offers a venue for Americans to interact with local Afghans. It also goes hand-in-hand with the overall mission here – to help rebuild the nation and to establish peace and stability throughout the region, said Master Sgt. Robert Nolen, a patrol master assigned to the 455th Expeditionary Security Forces Squadron. He is deployed from Hill AFB, Utah.

While Airmen handed out toys and supplies to children, Senior Airman Jason Weiss worked at helping ailing villagers. In three hours, the 455th Expeditionary Operations Group medical technician eval-

uated and provided field treatment for more than 60 men and children with the assistance of an interpreter. The most common ailments were flank and abdominal pain, and gastritis, all the result of unsanitary living conditions, said the Airman deployed from Spangdahlem AB, Germany.

"My goal is the same as the overall military goal here: Leave it better than we found it," he said. "I offer pain medication and antibiotics, but it's a temporary fix because their drinking water will simply reinfect them."

The Airmen said they hope that the recent successful Afghan presidential elections will help the nation to continue to move forward in quality-of-life improvements including the rebuilding of clean wells, safe roads, hospitals and schools. Until then, programs such as this will continue their outreach to provide whatever relief they can to the local people.

"Unfortunately, (they are) in need of everything," said OSI Agent "Kevin," deployed from Lackland AFB, Texas, "but if I had to pick a few things, it would be over-the-counter medications, clothes, notebooks, pens and paper."

With the opening of more schools in the past year, program coordinators are looking for donations of sporting goods and academic supplies.

People interested in making donations to the adopt-a-village program can ship the items to: Adopt-A-Village Program, 455 EOG/CCF, APO AE 09354.

'Ruff' life



Courtesy photo

Military Working Dog Arno retired Wednesday after six and a half years of meritorious service as a Patrol/Explosive Detector Dog for the 82nd Security Forces Squadron. Arno was the first line of defense against vehicle borne explosives after September 11th for Sheppard. He deployed to Prince Sultan Air Base, Saudi Arabia, and Incirlik Air Base, Turkey, where he single-handedly searched thousands of vehicles entering the base. Arno supported the United States Secret Service on 27 missions by providing expert explosive detection for the security of the President of the United States and foreign dignitaries. Support was vital to the safety and security of event attendees on all missions ranging from the UN General Assembly to the Super Bowl. In addition, Arno provided his services for two months in support of Operation Terror Stop hosted by the United States Marshal Service. His capabilities and presence were vital to the incident-free trial of the terrorists responsible for the 1993 bombing of the World Trade Center in New York City. The distinctive accomplishments of Military Working Dog Arno culminate a distinguished career in the service of Sheppard Air Force Base, his community, and his country. His handler, Tech, Sgt. Paul Diederich from the 82nd SFS, adopted him after his retirement.

Airmen explains the price of freedom

By Airman Ben Kraus

Editor's note: Lt. Col. Kent Wong, 365th Training Squadron commander, hosted separate essay competitions — one permanent party and the other for non-party service students — on the topic of "Freedom isn't free." At Wilson, the squadron's resource advisor, won the permanent party contest and received \$100. Airman Ben Kraus, an avionics student who recently graduated and is now stationed at Luke Air Force Base, Ariz., won the student competition and received \$100.

On wings of eagles she flies. The pure white is stained by stripes of blood given by the men who

came before.

The stars shine amidst a field of blue. Fifty states possess millions of voices, millions of faces and millions of backgrounds. It is the very symbol that represents our great nation.

Our homeland is every country on Earth united with everyone sharing the same goals and ideals. That freedom is worth possessing and protecting. We have also paid for that same freedom time and time again.

The exact cost of our freedom is not measured in gold, silver or precious stones. It is measured in human blood, bone and sacrifice.

We honor those we lost to this most noble of causes. Their lives were gladly given forfeit to the pursuit of freedom and we owe our very existence

to the countless souls once owned by soldiers who did not falter in the face of death.

Forgoing the pleasures and privileges that were promised them, those men and women chose, instead, hardship, pain and the knowledge that this journey may be their last. They fought with bayonet, bullets and courage.

These are those who have forgotten the empty chairs at the table, the faded flags displayed in lonely houses, the silent struggle of the mother who has lost her child to the hatred of this world. Some have turned their backs to the cries and anguish of the heroes of this country.

They refuse to respect the great personal sacrifice of those soldiers and spit on the flag for which they stand.

Yet, the sun has risen again on the United States and the people who call it home.

We have built this nation on the notion that each man and woman is born free and that they deserve nothing less.

It is time to decide who we are. Our children will be free, never to be slaves again. The people sing and cry for freedom. We will answer any challenge given to us by any and all enemies.

We refuse to give up those things which so many have died for. We will continue this fight and pay its terrible price. For this we swear and this we will do. As God as our witness, the United States of America will hold steadfast against any threat and remain solace for those whose choice was freedom.

Sheppard's Voice

Evolution of leadership

"A leader can, but will never, stand alone. It is the people who make him a leader."

By Staff Sgt. Andrea Coleman
82nd Mission Support Squadron

We often find ourselves asking, "Are leaders created or born?"

Are we born with a genetic code that has all the important leadership traits or is it up to our environment to create us into the leader that is needed in today's world?

If we look back in history, we can see that some of the most memorable leaders had certain characteristics that were very defined and apparent to any observer. The characteristics that were viewed so often such as confidence, decisiveness, liveliness, bold in voice and mind, were those that kept us assured of their position.

A flash of history is running through my thoughts of people who encompassed these qualities, such as Gen. George S. Patton, President John F. Kennedy, Gen. Douglas MacArthur and the Rev. Martin Luther King Jr. It was through these men that we envisioned what a leader is.

The style of leadership they displayed to people was the type that was needed for that generation. You may have noticed that the style has changed, but the expectations have not.

Over the years, it has become more acceptable for a leader to poll their followers for advice or input on decision-making. The leader is not looked upon as weak or indecisive, but wise to accept their follower's guidance.

A leader can, but will never, stand alone. It is the people who make him a leader.

As I speak to the Electors of Sarthe in 1841, the French revolutionary Alexander Ledru-Rollin stated, "I've got to follow them — I am their leader."

The best kind of leader is the one that listens to their people. After all, the choices they make will affect their followers the most. A true leader will be able to recognize when they have to make a decision on their own, and in their hearts they will know what their followers desire.

We have been told as followers it is important to know your leaders' needs in order to help them fulfill their mission, but it is just as important for the leader to know their followers.

Every good leader knows that it is their people that get the mission done.



Slash stress during holidays

By Capt. Jerry Hoopes
Life Skills Support Center

Editor's note: This article is the second of a four-article series on avoiding holiday stress and depression

The holidays, a time of festivity, parties, shopping, entertaining, religious observances, family gatherings, decorating and... stress!

With all the extra demands we place on ourselves and expectations of the season, it is any wonder that most of us feel some stress during the holiday season? Here are some strategies for making your holidays a time of renewal.

Set priorities

People tend to overextend themselves during the holidays. It's not necessary to attend every party and religious celebration that comes along.

When allotting your limited time, choose quality over quantity. Decide what activities you and your family would most enjoy doing and focus on those. Learn to say "NO" gently but firmly to social events that are over your limit.

Plan ahead

Nothing creates more holiday stress than last minute shopping and preparations. Take charge of your holidays in advance by making lists of things to do and setting aside each day for them.

Consider setting a cut off date; after that date, the

things you haven't finished will be deferred until next year.

Keep it simple

A holiday feast doesn't have to be elaborate to be wonderful. Often traditional fare is appreciated most, with guests providing some of the dishes. When shopping, take advantage of gift-wrapping services.

Try shopping at home from mail order catalogs. Let someone else complete for the "most fabulous holiday preparations" award.

Ride the emotional roller coaster

The holidays are hard on your emotions. The holidays of your childhood may take on a magical glow that's often impossible to recover in adulthood. While the televisions, radios, and department stores are blaring messages of peace and joy, you're dreading the family gathering that always leads to someone not speaking to someone else.

If family gatherings are stressful, avoid long visits, either in your house or away. Defer setting family arguments until some other time. Be willing to let go of old traditions and work on new traditions with your family.

Take care of yourself

Counter the holiday pressures by giving yourself some time for rest and renewal each day. Avoid overindulgence in holiday food, alcohol and caffeine. Think about what the holidays are actually celebrating and try to stay true to that spirit. Peace and joy can be more than just a department store come-on.

Using illegal drugs?

You will get caught...I did!

My name is Airman Smith and I am assigned to the 365th Training Squadron.

About a month and a half ago, I was involved in an incident at an off-base nightclub where I got extremely intoxicated and decided to use drugs.

At the time, I was not thinking about getting caught or the long-term consequences of my actions. However, in the days following the incident, I knew what I did was wrong and could have serious negative impacts on my career and life.

Although it was never discussed among the people I was with that night, I believe we all had a feeling of invincibility and a sense no one would ever find out. I was wrong!

The Air Force Office of Special Investigation did find out, and now I am on details awaiting court-martial. I am facing a federal conviction, a punitive discharge from the Air Force and nearly 10 years in confinement.

I will have to deal with the effects of the decisions that I made that night for the rest of my life.

My goal was to enlist in the Air Force and finish my degree to hopefully get a commission so I could follow in the footsteps of my grandfather. That is all gone, along with my family's trust and respect.

Putting myself in this position is the hardest thing I have ever done in my life.

My family is disappointed and hurt and there is a general feeling of anxiety that haunts me everyday because of not knowing what lies in my future.

I have taken my career and thrown it in the trash because of a few bad decisions.

My advice to my fellow Airman is that if you find yourself in a position where you are letting your drinking get out of control or you are making bad decisions, you should seek help before something disastrous happens.

Submit your stories and ideas to
sheppardsenator@sheppard.af.mil.

Think before you drink. Hand your keys to a wingman.

What the Sheppard Law Center can do for you

By The Sheppard Law Center

The Sheppard Law Center provides free legal assistance in connection with personal, civil legal matters.

Eligible beneficiaries include military members, retirees and family members entitled to a military identification card.

Legal issues within the scope of our legal assistance program include consumer affairs, adoption, domestic relations, landlord-tenant problems, financial responsibility, the Servicemembers Civil Relief Act and taxes.

We can also prepare wills, advance medical directives and powers of attorney.

By regulation, however, certain topics are not eligible for legal assistance. Military or civilian criminal matters, official matters in which the Air Force has an interest, personal commercial ventures, private business activities, the drafting or

reviewing of real estate documents or separation agreements, ethics and standards of conduct questions do not fall within the scope of the legal assistance program.

We have attorneys and notaries available every day to provide legal services to eligible beneficiaries. Attorneys may discuss legal matters with a client, give advice and recommend courses of action. They cannot, however, represent a legal assistance client in court.

To receive attorney services, you must schedule an appointment and must not already be represented by civilian counsel on the same matter. Notaries are available between the hours of 8 a.m. and 4 p.m. Please do not sign the document requiring notarization before bringing it to the Law Center.

If you are eligible and need legal assistance, please call the Law Center at 6-7203 to schedule an appointment with an attorney.

Christmas trees

A real tree can add to the spirit of Christmas by filling your home with beauty and the scent of pine. But a real tree can also pose a fire hazard. Each year, more than 400 residential fires in the U.S. are caused by Christmas trees.

And tragically nearly 40 deaths and 100 injuries result from those fires.

Try to select a fresh tree by looking for one that is green. The needles of pines and spruces should be hard and not break and should be hard to pull off the branches. On fir species, a needle pulled from a fresh tree will snap when bent, much like a fresh carrot. Also, look for a trunk sticky with sap.

Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.

Stand your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways.

If you use an artificial tree, choose one that's been tested and labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters Laboratory (UL) label.

Tree lights

Only use indoor lights indoors (and outdoor lights only outdoors). Look for the UL label. Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Replace or repair any damaged light sets.

Also, use no more than three light sets on any one extension cord. Extension cords should be placed against the wall to avoid tripping hazards, but do not run cords under rugs.

Turn off all lights on trees and decorations when you go to bed or leave the house.

Tree ornaments

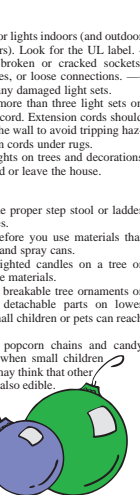
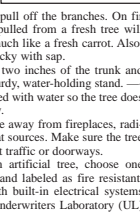
Always use the proper step stool or ladder to reach high places.

Read labels before you use materials that come in jars, cans and spray cans.

Never place lighted candles on a tree or near any flammable materials.

Avoid placing breakable tree ornaments or ones with small, detachable parts on lower branches where small children or pets can reach them.

Do not hang popcorn chains and candy canes on the tree when small children are present. They may think that other tree ornaments are also edible.



Sheppard Senator

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Everything appearing in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or other non-military factors of the purchaser, user or patron. Content is edited and prepared by the 82nd TFW public communication office. Copy deadline is noon Friday the week before publication. All photos are U.S. Air Force photos unless otherwise credited. E-mail submissions to sheppardsenator@sheppard.af.mil 82nd TFW/PA, 419 4th Ave., Ste. 3, Sheppard AFB, Texas 76781-2943.



Sheppard Spotlight

15 lines of fame

1. Name: Jim Chouinard Jr.
2. Rank: Technical sergeant
3. Organization and position: 361st Training Squadron unit computer manager
4. Most rewarding aspect of your job: Seeing how new technology improves daily tasks and meeting new people.
5. Why did you join the Air Force? I was inspired by President Reagan to join, travel, experience new things, and to receive a college degree (completed).
6. Favorite Air Force assignment: Spangdahlem Air Base, Germany.
7. Date arrived at Sheppard: Oct. 9, 1999
8. Hometown: Gladstone, Mich.
9. Married or single (include your family if you'd like): Married to wife, Rebecca, with two daughters: Gade, 11, and Shaynah, 8.
10. Favorite thing(s) to do in your free time: Work with computers, watch movies, spend time with my family and ride motorcycles.
11. Funniest childhood memory: I'm not sure.
12. Favorite book or movie: "Men of Honor"
13. Dream vacation: To visit Ireland and

Alaska.

14. If you could be anyone for one day, who would you be? My father.

15. Other than your family, what is your most prized possession? 2003 Harley Davidson Heritage Softail Classic



IN FILM

Movie line: 676-4427



The Grudge (PG-13)

TONIGHT: 6:30 P.M.

SATURDAY: 7 P.M.

SUNDAY: 4:30 P.M.

THURSDAY: 7 P.M.

Starring: Sarah Michelle Gellar, William Mapother. Karen finds herself in a struggle for her own sanity and survival when she comes across a house's curse.



I Heart Huckabees

(R)

TONIGHT: 9 P.M.

SATURDAY: 4:30 P.M.

SUNDAY: 2 P.M.

Starring: Jason Schwartzman, Isabelle Huppert. A plucky couple, likes to play detective, solving philosophical questions.

Surviving Christmas

(R)

SATURDAY: 2 P.M.

Starring: Ben Affleck, James Gandolfini. Facing another Christmas alone, Drew decides to go back to his idyllic childhood home to spend the holidays with family.



Clever captions



No. 17

Compete to see your funny caption for photo
No. 17 in next week's
Sheppard Senator.

Here's how

1. Write an imaginative, humorous, tasteful caption for photo No. 17.
2. Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at noon.
3. Please include the photo number, your name and phone number.
4. The winning caption will be printed in the Sheppard Senator.
5. All entries are judged by the Senator staff. Good luck!



No. 16's winning entry: "Okay break time is over! Don't make me come in there and drag you out," by Donna Davis, 80th OG Runner up. "Can you hear me now?" by Master Sgt. Joseph Fuccio, 362nd TRS and Susan Evans

SHEPPARD EVENTS

Club activities

Members lunch

The officers club will host a club members appreciation lunch Wednesday from 11 a.m. to 1 p.m.

There will be door prizes. For more information, call 6-6460.

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m.
Friday, 7:30 a.m. to 11:30 p.m.

Saturday, 1 to 11:30 p.m.
Sunday, 1 to 9:30 p.m.
Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.
Holy Communion Worship, 10:30 a.m.
Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.
Chapel Ropes Meeting, Tuesday, 11 a.m. and 4 p.m.

Parents and Tots, Monday, 1:30 to 3:30 p.m. and Wednesday, 10 to 11 a.m.

Chapel schedule

Catholic services

Confessions are 4 p.m.
Sundays at the south chapel.

Sunday

Mass: 9 a.m. and 5 p.m. at the south chapel; noon at the Solid Rock Cafe.

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

Protestant services Sunday

10:30 a.m. Community Worship (Bldg. 1900)
10:30 a.m. Inspirational

Gospel Worship (south chapel) 10:30 a.m. Holy Communion Worship (Solid Rock Cafe)

Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

Protestant religious education

Adult religious education, 9 a.m. (Bldg. 962)
Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study; lunch provided (south chapel); PWOC

Thursday Bible study, 6 p.m. PMOC

Tuesday Bible study, 6 a.m. For more information about other religious activities, call the base chapel at 6-4370.



Sheppard Sports



80th takes first place at AETC Torch Warrior event

By 1st Lt. Brooke Brander
Public affairs office

The 80th Flying Training Wing Torch Warrior team took first place Nov. 5 at Air Education and Training Command's Torch Warrior, a professional development conference for junior officers.

Vandenberg Air Force Base hosted the four-day annual Torch Warrior this year and welcomed 15 teams from throughout AETC that took part in educational briefings and team building competitions.

The competition portion of Torch Warrior consisted of four events; golf, crud, 9mm live fire and the three-part AEF Warrior event with an obstacle course, pilot rescue and expeditionary force tactics.

The 9 member team from the 80th FTW took first place in the competition, inching out Moody AFB with a five point lead for an overall score of 815.

80th FTW Torch Warrior team members included Capt. Todd Riddle, 90th FTS and team leader; Capt. Agga Haren, 89th Flying Training Squadron; Capt. Garrett McCoy, 90th FTS; Capt. Nat Niederhauser, 90th FTS; 1st Lt. Tim Spaulding, 80th Operations Support Squadron; 1st Lt. Luke Teel, 80th OSS; 1st Lt. Teag Bodley, 90th FTS; 1st Lt. Drew Voss, 89th FTS; and 1st Lt. Brian Hull, 90th FTS.

"You had to be a versatile athlete," Captain Riddle said. "Team members had to contribute in more than one event."

While at Vandenberg the 15 competing teams also received educational briefing on Space Command, Space and Missiles, and their combat role in the Air Force, Captain Riddle said.

"It was my first time to attend," he said. "It was a great opportunity to go to California, meet other CGOs and learn more about the Air Force. It was neat to see these CGOs from all different backgrounds coming together in the training environment."



Sports Briefing

Sheppard bass anglers wanted

The local American Bass Angler district is looking for more Team Sheppard members to join.

The ABA, the largest tournament trail in the world, now offers more than 900 tournaments in 105 districts across this country for the weekend angler.

The ultimate goal for the ABA members is qualifying for the 30th Annual National Championship and take home their share of over \$300,000 in cash and prizes.

The ABA is the largest tournament trail dedicated to the weekend angler. The organization was founded in 1975 and was formed for military bass fishermen and called Military Bass Anglers Association or MBAA for short.

The next tournaments will be Feb. 20 at Lake Texoma and March 20 at Lake Ray Roberts.

For more information, call Master Sgt. Rob Eckles at 6-8287 or go to www.americanbassanglers.com.

Winter Skeet and Trap League starts

The Winter Skeet and trap League begins Nov. 27.

Teams should be made up of at least four and a maximum of five people to make up a squadron team.

This league will be similar to the Spring League and will last for 12 weeks.

A two-week Christmas break will be observed.

A captain's meeting is at 4:30 p.m. Nov. 26 at the range.

League shooting will begin the following day.

For more information, e-mail Dennis Patterson at DPatt6268@aol.com, or call 6-2382.

Basketball clinics

The Madrigal Youth Center will conduct basketball clinics as follows:

Date	Time	Age
Dec. 6	5-6 p.m.	5-8
	6-7 p.m.	9-10
Dec. 7	5-6 p.m.	9-12
	6-7 p.m.	9-12
Dec. 8	5-6 p.m.	5-8
	6-7 p.m.	9-10
Dec. 9	5-6 p.m.	9-12 girls
	6-7 p.m.	11-12 boys

It's strongly urged that players register and attend these clinics since teams will be formed Dec. 9.

Noel golf tournament

The Noel golf tournament is starts at 9 a.m. Dec. 11 at the Wind Creek Golf Course.

This four-person scramble costs \$25 plus green fee per person.

Call the golf course at 6-6369 for more information.



Tampa Bay Buccaneers wide receiver Joe Jurevicius autographs a game ball for Capt. Ryan Silver, a pilot from the 89th Flying Training Squadron here. Captain Silver was part of the ground control team that guided a flyover that his twin brother, Capt. Bryce Silver led over the stadium during the opening ceremony. The brother is assigned to the 333rd Fighter Squadron at Seymour Johnson AFB, N.C.

Sheppard pilot receives ball, honor from Tampa Bay Buccaneer player

By 1st Lt. Elizabeth Krefl
45th Space Wing Public Affairs

PATRICK AIR FORCE BASE, Fla. (AFPN) — Though they wear different uniforms and fight different battles, for a brief moment, an NFL football player and an Air Force pilot met eye to eye. Capt. Ryan Silver, a pilot with the 89th Flying Training Squadron at Sheppard Air Force Base, Texas, stood on the sidelines in Tampa, Fla., on Nov. 21 as the Tampa Bay Buccaneers took on the visiting San Francisco 49ers. He was at the game as part of the ground control team guiding in a four-ship formation flyover during the opening ceremony to the surprise of the Buccaneers and crowd. But Captain Silver walked

away from the game with the biggest surprise of the day.

Near the end of the second quarter, wide receiver Joe Jurevicius caught a 42-yard pass from quarterback Brian Griese at the 2-yard line and sliced through two defenders for a touchdown. He then looked to the sidelines where the captain and a group of Airmen were gathered.

"When I saw him coming toward me, my first thought was to get out of the way," Captain Silver said. "I know that players will often run to the stands and give a game ball to a kid in the stands, so I thought that was what he was doing."

Instead, Mr. Jurevicius planted the ball into Captain Silver's chest, then

rendered a crisp salute to the puzzled pilot.

"I was just shocked and honored when I saw him do that," Captain Silver said. "I realized that he was not only saluting me, he was giving a salute to the entire military."

The six-year veteran of the National Football League made it clear to the press following the game that his respect for the military runs deep.

"I absolutely love the military and that was my whole purpose (in giving him the ball)," he said. "I don't play football, we don't play football, and you don't do reports on football if it wasn't for those guys."

"When I see the flyers, the hair on See FOOTBALL, Page 3B

Falcons win hockey tournament

Courtesy of the
Air Force News Service

TROY, N.Y. (AFPN) — Peter Foster recorded his fourth shutout of the season, and Brian Gineo netted the Falcon's only goal as the Air Force Academy beat Rensselaer Polytechnic Institute in the championship game of the 54th annual Bank of America/Rensselaer Holiday Tournament here Nov. 27.

Foster, the national leader with four shutouts this season, was named the most valuable player of the nation's oldest holiday hockey tournament. Defensemen Brian Gineo and Brooks Turmquist were also named to the all-tournament team as each scored two goals and one game-winner.

"This is a historic win for the Falcon hockey program," said head coach Frank Serratore. "This was not an easy win. We overcame 11 RPI power plays, and our guys just flat out got it done."

For just the second time in academy history, Air Force has won a Division I tournament and just the second tournament championship on the road. The first was in 2001.

The Falcons (6-4-2) extended their winning streak to four games. They now have won four straight road games for the first time since the 2001-2002 season. The four-game road winning streak ties the school record set several times.

Air Force's win against RPI marked the first over a team from the Eastern College Athletic Conference since a 2-0 win over Yale in the 1999. It was also the first time the Falcons have beaten a conference team on its home ice since a 5-3 win over Colgate in 1993.

Neither team scored in the first period despite each having three power plays. RPI (7-7-0) had 58 seconds of a 5-on-3, but could not score. RPI shot-out Air Force, 7-5, in the first period.

The Falcons opened the scoring late in the second period on just their fifth shot of the period and 10th of the game. On a power play, Brandon Merkosky skated the puck to the right faceoff dot and took a shot, but the goalie made the save. Andrew Ramsey's attempt was also stopped, but Brian Gineo punched in the rebound at 18:37 of the second period.

As the game progressed, the Air Force defense stiffened, killing four penalties in the third period. The Engineers pulled the goaltender with 58 seconds left in the third period and had several flurries in front of the Air Force net, but Foster and the Falcon defense were perfect. RPI out-shot Air Force, 32-20, in the game and held the advantage in every period. Air Force won 1-for-8 on power plays while RPI was 0-for-11. RPI entered the game ranked sixth in the nation in scoring, averaging nearly four goals per game.

Foster is now just one shutout shy of tying the school record of five set by Marc Keshewski in the 1998-1999 season. Gineo's goal gives him a point in each of his last three games and in nine of 12 games this season.

Falcon women hoopsters down UC-Davis, 75-61

Courtesy of Air Force News Service

U.S. AIR FORCE ACADEMY, Colo. (AFPN) — Three Falcons scored in double digits as the Air Force Academy women's basketball team won its first game of the season with a 75-61 victory over the University of California-Davis in the consolation game of the Radisson Inn Air Force Classic here Nov. 20. With the victory, the Falcons improve to 1-1 on the season, while the Aggies fall to 0-2.

Both teams battled evenly throughout the first half with eight ties and six lead changes. With the score knotted at 30-30 with just over a minute and a half remaining, the Falcons went on a 4-0 run to take a 34-30 advantage into the locker room.

Air Force came out from the break on fire, scoring the first 7 points of the second half, and never looked back. The Falcons did not trail for the remainder of the game, leading by as many as 19 points with less than three minutes on the clock. Although UC-Davis went on a 9-4 run to close out the contest, it was not enough to catch the Air Force.

The Falcons shot 43.5 percent for the game and out rebounded UC-Davis 44-35, grabbing 21 boards on the offensive glass. Air Force also forced 28 Aggie turnovers in

See FALCONS, Page 3B

Falcon wrestlers conclude weekend at Kaufman-Brand Open

Courtesy of Air Force News Service

OMAHA, Neb. (AFPN) — Matt Benza finished fifth in the 133-pound weight class, while two other Falcons were place winners in the 20-and-under age division to lead the Air Force Academy wrestling team Nov. 20 at the Kaufman-Brand Open here.

Benza won his first three matches of the day before dropping a 12-5 decision to eventual tournament champion Nathan Morgan of Oklahoma State University. He was then pinned in 1 minute and 34 seconds by the University of Iowa's Gabe Ruhlka. Benza went on to defeat University of Nebraska-Omaha's Mitch Waite, ranked third in Division II, by a medical forfeit to take fifth place.

In the 20-and-under division, heavyweight Trey McLean finished fourth, while Steven Ratley placed fifth at 165 pounds. McLean won his first two bouts of the day, but fell to University of Nebraska-Kearney's Tervel Diagnew, who went on to win the heavyweight title. He rebounded with three more victories to move into the third-place match; however, McLean could not hold on for another win, falling to Nebraska-Omaha's Tony Lewis in 5:56.

Meanwhile, Ratley won his first three matches of the day, two by falls, before losing an 8-0 decision to eventual winner Brandon Mason of Oklahoma State. He then dropped an 8-6 decision to third-place winner Donnie McMillin before rebounding with a 2-1 decision over Chadron State College's Brett Hunter.

Bowling

For more information, call 6-2170.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling center birthday parties

The north and south bowling centers are available for birthday parties.

The cost is \$2 at the north lanes and \$1.50 at the south lanes.

The cost is more at the north lanes because it features Glow Bowling.

Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

Community center

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is \$35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is \$25 for adult members and \$20 for children members.

The cost for children who are non-members is \$25.

Call 6-6826 for more information.

Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity center.

Trophies will be awarded to first and second-place winners.

Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month.

Trophies will be awarded to first and second-place winners.

Fitness center

For more information, call 6-2972.

Push it to the Max

Push it to the Max is a free program designed to teach people how to do correct push-ups and will improve push-up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

Air Force cycling program

This program is designed to promote cycling as a life-long recreational activity that supports personal fitness goals.

For more information, contact Tech Sgt. Moffett at 6-2972.

Spinning at the south fitness center

Spinning classes are at 5 p.m. weekdays at the south fitness center.

Aerobic center offers classes

The aerobic center, located in the main fitness center, offers coed aero-

bics classes seven days a week.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.

Cardio blast

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:15 a.m.

Body pump

Monday and Wednesday at 6 p.m. Tuesday and Thursday at 9:15 a.m.

Thursday and Saturday at 11:30 a.m.

Yoga and pilates

Monday, Wednesday and Friday at 10:15 a.m.

Wednesday at 6 p.m.

Thursday at 3 p.m.

Sunday at 4 p.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.

Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday at 7 p.m.

Sunday at 3 p.m.

Intermediate step

Monday, Wednesday and Friday at 9:15 a.m. and Saturday at 10:15 a.m.

Advanced step

Monday and Wednesday at 5 p.m.

Combo step

Monday, Wednesday and Friday at 11:30 a.m.

TOPS

For more information, call 855-4308.

TOPS class

There is a Taking Off Pounds Sensibly class at 6 p.m. Thursdays in Bldg. 962.

Youth center

For more information, call 6-5395.

Fit For Fun 2004

The Fit For Fun 2004 program is designed to get children to participate in a more active lifestyle through rewards and recognition.

The program is every day for 9 to 18 year olds at the Madrigal youth center.



Photo by Sandra Wassensmiller

The finish line

Members of the 366th CSF/SEABEES cross the finish line to win the Flight Formation Run award during Sheppard's Turkey Trot Fit to Fight 5 kilometer and 10 kilometer run Nov. 14. The purpose of the event was to promote fitness of Team Sheppard members. Other first-place winners, who won a free turkey, were Christine Gomin, Under 40 Female 5K; Eric Cappell, Under 40 Male 5K; Denise Ridgway, Over 40 Female 5K; Dennis Carr, Over 40 Male 5K; Holly Borowski, Under 40 Female 10K; Eric Miller, Under 40 Male 10K; Paula Piazza, Over 40 Female 10K; and Fil Piazza, Over 40 Male 10K.

Air Force hockey team defeats Robert Morris, 2-1 in overtime

Courtesy of Air Force News Service

PITTSBURGH (AFPN) — Brooks Turquist scored a goal late in overtime as the Air Force Academy beat Robert Morris University, 2-1, in a College Hockey America game here Nov. 20. The Falcons swept the Colonials in the two-game series and improved to 4-4-2 overall this season and 2-2 in the conference.

Robert Morris fell to 2-8-1 overall and 0-5-1 in the conference. Air Force got on the board first when Eric Ehn scored his second goal of the season with a wrap-around move at the 12 minute 46 second mark of the first period. Bryan Becker and Seth Pelletier were credited with assists.

The Colonials tied the game at 1-1 early in the third period when Brett Hopfe scored from just inside the right circle. Sean Berkstresser and Joe Federoff were credited with assists.

After three periods, the teams entered overtime tied at 1-1. Air Force controlled the puck nearly the entire period and out-shot the Colonials by a margin of 13-0 in just over four minutes. With 22 seconds left, Ehn cycled the puck up to the point to Brian Gineo. Gineo faked a shot and then passed to Turquist at the left point. Turquist's first goal of the season found its way through traffic and beat the goaltender for the winning score.

"It was a very exciting game," said Air Force head coach Frank Serratore. "Both teams fought very hard. In the third period and in overtime, I think they hit the wall. We had 13 shots on goal in overtime. I don't think I've ever seen that many shots in four minutes. We only had 10 in 20 minutes in the third period."

Air Force did have one lineup change. Forward Mike Knaeble suffered a fractured fibula in a game Nov. 19 and is out six to eight weeks. Becker moved up from right wing on the fourth line to the third line. Blake Turquist made his collegiate debut as he played right wing on the fourth line.

RMU goalie Jamie Flury finished with 46 saves, including 12 in overtime. Falcon goalie Peter Foster turned away 25 shots for the win. Just four penalties were called in the game, and neither team capitalized on the opportunities — the Colonials had three chances, and the Falcons had one. Air Force outshot RMU, 48-26.

The Falcons play Sacred Heart University on Nov. 26 in the first round of a holiday tournament in Troy, N.Y.



Joe Nemechek waves to fans after being introduced as the driver of the Army-sponsored 01 Chevrolet in the final NASCAR season race, the Ford 400. Nemechek's mother, Martha, stands by in her specially-tailored uniform that pays tribute to both her son and Soldiers.

Courtesy photo

Army NASCAR team revving for 2005 season

Courtesy of Army News Service

HOMESTEAD, Fla. — With a late season win and a spurt of top-10 finishes, NASCAR driver Joe Nemechek and his Army-sponsored team are looking ahead to an even better 2005 season.

Despite a 27th-place finish in the final 2004 season race Nov. 21 at Homestead, Nemechek and others are pumped about the team's performance in the last couple of months. Nemechek finished the 36-race season in 19th place, with an Oct. 10 first-place finish in Kansas, two poles, three top-five's and nine in the top-10.

"Our goal for next year is to win more," Nemechek said. "We got a taste of it this season and we want more. We know we can do it."

This was Nemechek's first full season behind the wheel of the Army's black and gold 01 Chevrolet. Jerry Nadeau was in the driver's seat until a May 2003 crash during a practice run at Richmond International Raceway left him with a head injury. Several drivers filled in until Nemechek was brought in for the last four races of the 2003 season. Nadeau continues to recover.

Up and down season

Nemechek started the season on a prom-

ising note, finishing sixth in the Daytona 500. A series of mechanical glitches began plaguing the team, however. Nemechek was holding third place in Michigan when the motor broke with 20 laps left, said crew chief Ryan Pemberton. The same thing happened in Texas, when he was running in the top five, and again at Talladega. Nemechek was up front in Pocono when the transmission went out.

Speed was never a factor, Pemberton noted.

"We had a shot at all of them," Pemberton said. "We're as competitive now as we were then, we just started getting some breaks."

Pemberton looks forward to the breaks continuing into the next season, but said the team can't rely on momentum to push the 01 Chevy into top finishes.

"We have to continue to work hard," he said. "We have to keep doing what we're capable of doing."

Thanking heroes with victory

Steering the Army car into victory lane is a boost for the team, but Nemechek wants to park it there for other reasons. With a desert camouflaged-G.I. Joe doll riding shotgun, Soldiers enmeshed in the war on terror are always on his mind as he flies around the

track at speeds pushing 200 miles per hour. Ultimately, that's who he wants to win for, Nemechek said.

"They are the heroes in my life, and in my family's lives," Nemechek said.

Army leaders are impressed with the team's efforts this season, and look forward to even better results next year.

Linking Soldiers to sports

"We know we have the right team. Joe's a tremendous guy, we couldn't ask for more to represent the Army team," said Lt. Gen. Anthony Jones, deputy commanding general/chief of staff of the Training and Doctrine Command.

Sponsoring a NASCAR team does more give the Army high visibility in one of the most-watched sports in the country, Jones said. It gives Soldiers, both near and far, a personal connection to the popular sport, he added.

"It gives Soldiers something to cheer for, especially those overseas," said Jones, noting the success of other Army-sponsored sports like the National Hot Rod Association, Pro Stock Bike Riding and the Professional Bull Riders Association. "We have winning teams. That's what the Army is all about."

FOOTBALL

Continued from Page 1B

my neck stands up every time. I figured that the least that I could do is give the man a football and say thank you to our military," he said.

If Mr. Jurevicius had known the whole story, he might have handed out two footballs. Captain Silver's twin brother, Capt. Bryce Silver of the 333rd Fighter Squadron at Seymour Johnson AFB, N.C., was the lead pilot for the pre-game fly-over.

"It was an honor to be a part of it," Captain Bryce said. "I had never flown over a stadium before, so this was a great experience."

The flyover team made it back to the stadium in time to see Mr. Jurevicius autograph the football for the excited Airman. "It is such a great feeling to know a class act like Mr. Jurevicius would want to honor our military like that," Captain Bryce said. "I know my brother felt lucky to be the one to accept the ball on behalf of our military brothers and sisters."

While Mr. Jurevicius may remember that play as the first touchdown he scored since returning from an injury, the twin pilots said they will remember it for the honor the football role-model bestowed on them.

"It means so much for him to give that ball up, especially for what it means for his career, and being able to come back from an injury and be a significant part of his team again," Captain Ryan said. "It is definitely an opportunity and experience I'll never forget."

Mr. Jurevicius said he was thankful for the men and women of the military service.

"My hat is off to you guys -- I really appreciate everything you do," he said.

If you'd like to volunteer to write sports articles for the *Sheppard Senator*, call 6-1326.

FALCONS

Continued from Page 1B

the game, getting 21 points.

Pamela Findlay led the Falcons in scoring with 14 points, while adding two rebounds, two steals, an assist and a block in just 15 minutes. Also scoring in double-digits were Briana Thomas, who had 11 points, seven rebounds and four steals for the Falcons, and Leticia Castillo with 11 points and four rebounds.

Other leaders for Air Force included Jennifer Roesch with 8 points, five rebounds, three steals, and a career-high three blocks and two assists, and point guard Lauren Henderson, who dishd out a team-high seven assists to go with her 5 points.

Are you Fit to Fight? Check out fitness centers for exercise programs for you.

Want to quit smoking? Call 6-HAWK to see how you can stop today.